

ADAPT AND OVERCOME

England & Wales · Charity number 1190716

Details

Status Registered

Legal form CIO

Registered 2020-08-04

Register [View on the Charity Commission register](#)

Contact

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Activities

Objects: THE OBJECTS OF THE CIO ARE FOR THE PUBLIC BENEFIT, FOR THE ADVANCEMENT OF HEALTH AND THE RELIEF OF MENTAL SUFFERING TO MEMBERS OF THE ARMED FORCES, THE POLICE, FIRE, RESCUE AND AMBULANCE SERVICES (INCLUDING VETERANS) AND TO PROMOTE EFFICIENCY OF THE ARMED FORCES, OF THE CROWN, THE POLICE, FIRE, RESCUE AND AMBULANCE SERVICES WITHIN ENGLAND AND WALES BY: PROMOTE SPORTING AND FITNESS ACTIVITIES WHICH HAVE A PROVEN BENEFICIAL EFFECT ON HEALTH PROVIDE SERVICES TO EASE THE SUFFERING AND ASSIST THE RECOVERY OF SERVICE PERSONNEL AND EMERGENCY SERVICE STAFF (INCLUDING VETERANS) WHO SUFFER FROM MENTAL HEALTH ISSUES THROUGH SPORT AND FITNESS ACTIVITIES. INCREASING THE PHYSICAL FITNESS OF ITS MEMBERS THROUGH SPORTING FACILITIES, EQUIPMENT AND SPORTING COMPETITIONS.

Classification

- **How:** Provides Services
- **What:** The Advancement Of Health Or Saving Of Lives, Armed Forces/emergency Service Efficiency
- **Who:** Other Defined Groups

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	-	-	-	-
2024-03-31	-	-	-	-
2023-03-31	-	-	-	-
2022-03-31	-	-	-	-
2021-03-31	-	-	-	-

Trustees

Name	Role	Appointed
GAYON THOMPSON	Chair	
JON COUCH		
PAUL SCOTT		